

May 2016

Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

What Better to See you with

Vision loss among the elderly is a major health care problem. One in three has some form of vision reducing eye disease by the age of 65. The most common are:

Macular degeneration

Glaucoma

Visual field loss

Cataracts

Diabetic retinopathy

Dry eye

Retinal detachment

Low vision is not the same as blindness. Low vision is a reduced level of vision that cannot be fully corrected with glasses. Low vision patients has some useful site, but it can interfere with their daily activities.

As we grow older we need to be aware of warning signs of age related eye health problems so we can get help early.



WARNING SIGNS OF LOW VISION

- ♦ Difficulty recognizing objects at a distance (street signs)
- ♦ Difficulty differentiating colors (particularly in green-blue-violet range)
- ♦ Difficulty seeing well up close (reading or cooking)

Having these symptoms may not mean you have low vision, but if you have one or more of these symptoms you will need contact your eye doctor for a complete exam. Your eye doctor can tell the difference between normal changes which are common with age and changes caused by eye disease. Continue on back——

Driving Safely After 60

Age related vision changes for people over 60 can compromise your ability to drive. You may notice difficulty judging distances and speed. Bright headlights at night and bright sun light may impair your vision further.

Vision Changes that Impairs Driving:

- Not being able to see road signs clearly
- Having difficulty seeing objects up close like the car instrument panel or road maps.
- Changes in color perception
- Problems seeing in low light or nighttime conditions
- Difficulty adapting to glare from headlights
- Experiencing a loss of side vision

Tips for driving safely:

- Use extra caution at intersections
- Reduce your speed and limit yourself to day driving
- Avoid wearing eyeglasses and sunglasses with wide frames or temples.
- Take a driving course for seniors

References:

<http://www.aoa.org/patients-and-public/good-vision-throughout-life/adult-vision-19-to-40-years-of-age/adult-vision-over-60-years-of-age?sso=y>

[Www.aafp.org/afp/1999/0701/p99.html](http://www.aafp.org/afp/1999/0701/p99.html)

[Www.kellogg.umich.edu/patientcare/conditions/lowvision.html](http://www.kellogg.umich.edu/patientcare/conditions/lowvision.html)



Prevent Falls due to Low Vision

- Keep rooms well lit, use night lights in hallways, stairs, and bathrooms
- Place bright color strips of tape along the edge of each step.
- Make door frames a different color than wall.
- Eliminate clutter
- Avoid loose rugs



HOTLINE PHONE NUMBERS

Aging and Disability Resource Center (ADRC)
1-877-925-0037

Home Health Agency Hotline
1-800-635-6290

Kentucky Cabinet for Health and Family Services Department for Aging and Independent Living

275 East Main Street 3E-E
Frankfort Kentucky 40621
Phone: 502-564-6930

<http://chfs.ky.gov/dail/default.htm>